



PHYSICAL THERAPY CLINIC
Bayne-Jones Army Community Hospital



AFTER YOUR ANKLE SPRAIN: 7-14 days after injury

CRUTCH AMBULATION:

If prescribed, use the crutches as directed. When using crutches, please try to perform a normal heel to toe walking pattern on the injured side.

Weight Bearing: _____

Duration of Use: _____

Caution: Do not lean on the crutches.

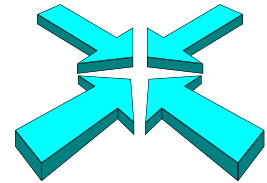
Crutch tips can slip out unexpectedly on wet surfaces.

Check thumbscrews periodically (they can loosen).



COMPRESSION WRAP:

Apply an ace wrap or other compression appliance to your ankle when you are walking or when your leg is not elevated. The wrap may be removed when the injured ankle is elevated to allow better ice application.

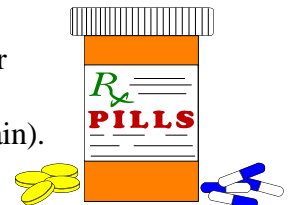


ICE / COLD PACK APPLICATION / ELEVATION:

Elevate and apply an ice pack or cold pack directly to the injured side of your ankle at for 20 minutes. Repeat the ice application at least 2-3 times per day.

MEDICATIONS:

Non Steroidal Anti-Inflammatory Medications (NSAID's) such as Ibuprofen, Naprosyn or Indocin are frequently prescribed to help control pain and inflammation. To help reduce inflammation, it is important to take the medicine as prescribed (not just when you feel pain).



ANKLE REHABILITATION EXERCISES:

Perform each exercise as outlined below. Complete 2-3 exercise sessions each day.

1. ANKLE ALPHABET:

Position: Sitting or lying down (ankle elevated if possible).

Exercise: Moving only your ankle and foot, draw the alphabet with your big toe.

Perform 2 sets of the alphabet 5-6 times daily.



2. CALF STRETCH and PUSH:

Position: Laying down. Loop a towel, belt or tubing over forefoot.

Exercise: Pull the foot back until you feel a stretch at the calf.

Hold the stretch for 20 seconds, relax briefly and repeat x 5.

Exercise 2: same position, now push against the tubing, rest, repeat x 5.



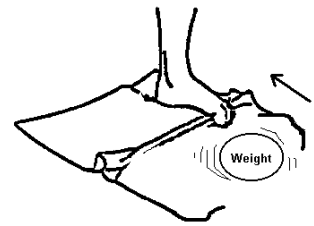
3. TOE CURLS:

Position: Sitting.

Exercise: Bunch up a towel as you curl your toes.

Place a weight on the towel to add resistance as you progress.

Perform 3 sets of 10 repetitions 2-3 times each day.



4. TOWEL SLIDES:

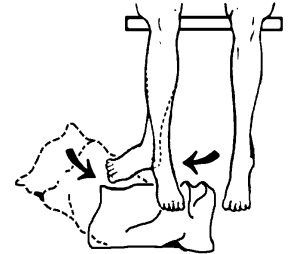
Position: Sitting, with the heel on the floor and forefoot on the towel.

Exercise A: Slide the towel to the outside, Move only your ankle and foot.

Exercise B: Slide the towel to the inside, Move only your ankle and foot.

Place a weight on the towel to add resistance as you progress.

Perform 3 sets of 10 repetitions 2-3 times each day.



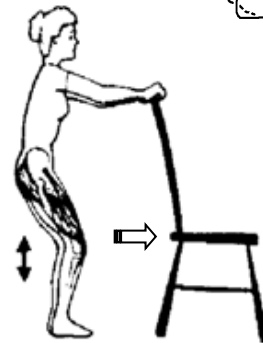
5. MINI SQUATS – DOUBLE LEG:

Position: Standing, weight bearing as tolerated on injured ankle.

Exercise: Slowly bend at your knees, try to move knees over toes.

Avoid sitting backwards. Straighten knees at repeat

Perform 3 sets of 10 repetitions.



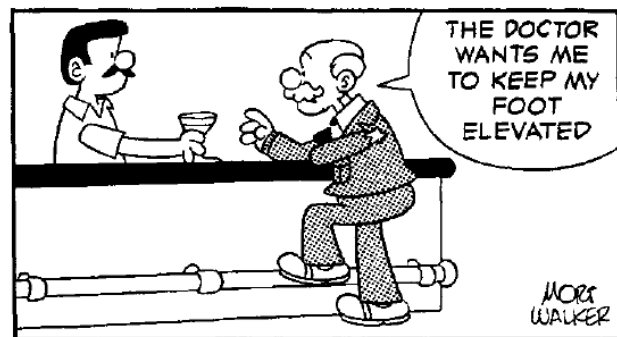
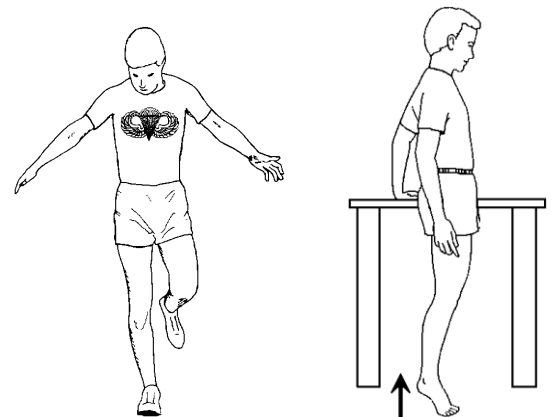
6. WEIGHT BEARING PROGRESSIONS:

-Weight Shifts, standing on both legs

- Shift weight onto injured leg, rest. repeat
- Goal is being able to balance on injured leg 30 sec

-Heel Raises (Calf Raises), Double leg

- Raise up onto your toes, lower down, repeat
- As pain decreases, perform heel raises only on your injured ankle/leg (single leg heel raise)
- Goal is to being able to complete 5 single leg calf raises



?? ARE YOU READY FOR PHASE II ANKLE REHAB ??

YES IF YOU: WALK WITHOUT A LIMP and CAN PERFORM 5 SINGLE LEG CALF RAISES.